

Eating Healthy with Diabetes

1 Divide your food intake into regular meals and snacks.

- A sample eating plan includes 3 meals and 1 to 3 snacks. The number of snacks planned is based on each person's needs and eating habits.

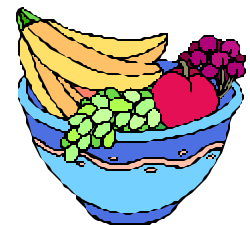
-Do not skip meals.

-Avoid overeating.



2 Eat about the same amount of carbohydrate foods at about the same time each day.

- Carbohydrate foods influence your blood sugar more than any other foods that you eat.
- Carbohydrate foods include milk, fruits, starchy vegetables, breads, cereals, grains, beans, lentils and peas.
- Sugar sweetened foods may be included if substituted for other carbohydrate foods.



Foods that provide similar amounts of carbohydrate (about 15 grams) include:

Milk and yogurt- 1 cup

Fruits- 1 medium fruit or ½ cup

Starchy vegetables- ½ cup

Cooked beans, lentils or peas- ½ cup

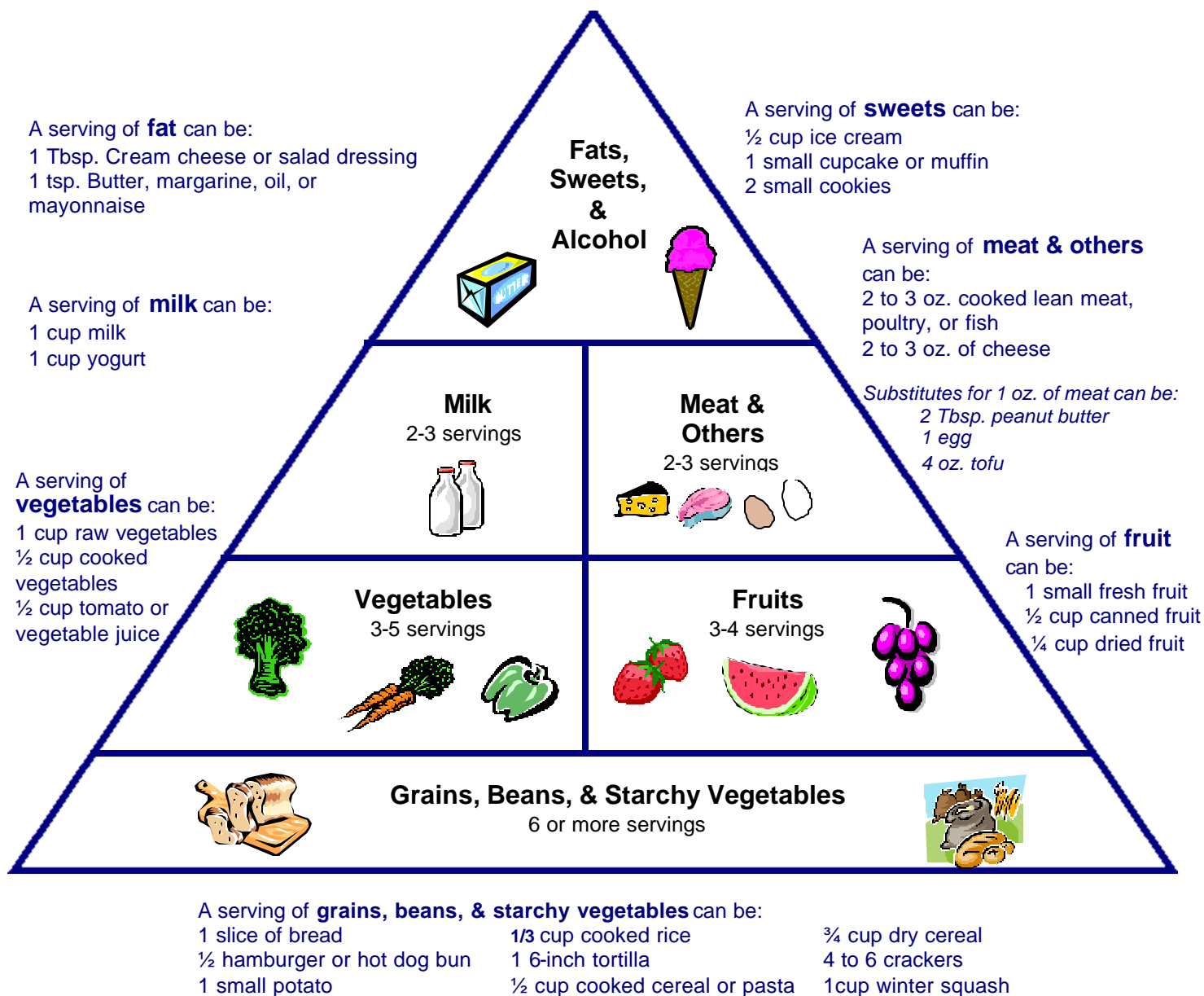
Cereals- ½ cup cooked, ¾ cup dry

Breads- 1 slice, ½ bagel, 1 6-inch tortilla

Sweets- ½ cup ice cream, 1 small cupcake or muffin, or 2 small cookies

3 Eat a wide variety of foods everyday for good health.

Use the food pyramid below as a guide to recommended daily serving amounts.



- Use less fat, sugar and salt in cooking and seasoning.
- Limit saturated fat found in meats, butter, high fat cheeses, and 2% and whole milk products.
- Drink 6-8 cups of water every day.
- Avoid or limit alcoholic beverages.

Note: This material is not intended to replace the advice of a registered dietitian.

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